



Cushing "Home Port" as seen from Gay Island, circa 1900

Photo courtesy of the Cushing Historical Society

Homeport-Cushing

Homeport-Cushing is a volunteer network, researching & distributing information about the existing public & private services that support our decision to stay in our home as we age. Homeport activities are open to everyone & are generally offered at no cost.

WORKING MEETINGS

Everyone is welcome at the Homeport working meetings in the Library at the Cushing Community Center. Our next meeting is AUGUST 11.

SPECIAL SUMMER EVENT

On Thursday June 16, the Cushing Rescue Squad will hold a Free Blood Pressure Clinic in the Community Center Gym at 3:30pm.

HOMEPORT TALKS PRESENTATIONS

Homeport-Cushing is pleased to sponsor a series of presentations known as **HomeportTalks**. The presentations are held in the Cushing Community Center at 3:30 pm, and are offered at no charge. Our next presentation is:

✳ AUGUST 25 – Dr. Chip Teal – Damariscotta Aging in Place Program - "Full Circle America"

ADDRESSING TRANSPORTATION NEEDS

A dozen of your neighbors have volunteered to provide transportation to their fellow Cushing Residents. If you need a ride to somewhere in the Camden-to-Damariscotta region, just let us know. We will provide safe and reliable transportation at no cost to you. If you would like a ride provided by one of our volunteer drivers, give us a call and we'll try to help.

For details please call:

- Becky Hinsey 354-6339 – rhinsey@roadrunner.com or
- Jeannette Chapman 354-2279

CLASSES, ACTIVITIES, AND FUN STUFF

Yoga

Homeport is excited to announce that Linda Shepard will be returning to teach our Summer Yoga classes again this year. Linda does a terrific job of teaching a class appropriate for men and women of all ages.

The summer schedule will be:

*July 7 - August 18 Each Thursday morning 9am to 10:30am
In the Cushing Community Center gym*

The cost for all seven weeks is \$84. If you choose to join the group on a drop-in basis, the charge will be \$14/class.

The class is called "Slow Yoga" and uses slow flows and sustained postures to build your core strength, increase your range of motion, and deepen your sense of well-being. Linda supplies the mats and blankets used during the class.

To sign up, contact Linda - 785 4319 or shepsimp@midcoast.com

Tai Chi (Taiji)

Come and play to ease your bodies and minds after a little too much gardening and yard work or a few too many summer visitors. Or bring your summer visitors along for a special treat!

The Taiji class will be 11:00-12:30 on Thursdays, June 30 - August 18. For the entire 8 weeks, the fee is \$80. For drop-ins, each session will cost \$15.

Contact Michael Shunney at MShunney@gwi.net or 207 594-5356. For more information, visit www.InnerWorksCenter.com.

Homeport Walkers

Looking for a way to get some good exercise and enjoy spirited conversation and lovely Maine scenery at the same time? Join the Homeport Walkers.

Every Friday starting June 17 7:30AM - 9:00AM

Gaunt Neck Rd. - Park at the tennis courts

For more information, call Shirley Stenberg at 354- 0370

Summer Picnic

This year's "Just for Fun" Picnic will be held on August 18 at noon at the Cardon's. Rain date: August 19)

Want to know more about Homeport-Cushing?

Call Katharine Cobey 354- 6762 or email homeport.cushing@gmail.com